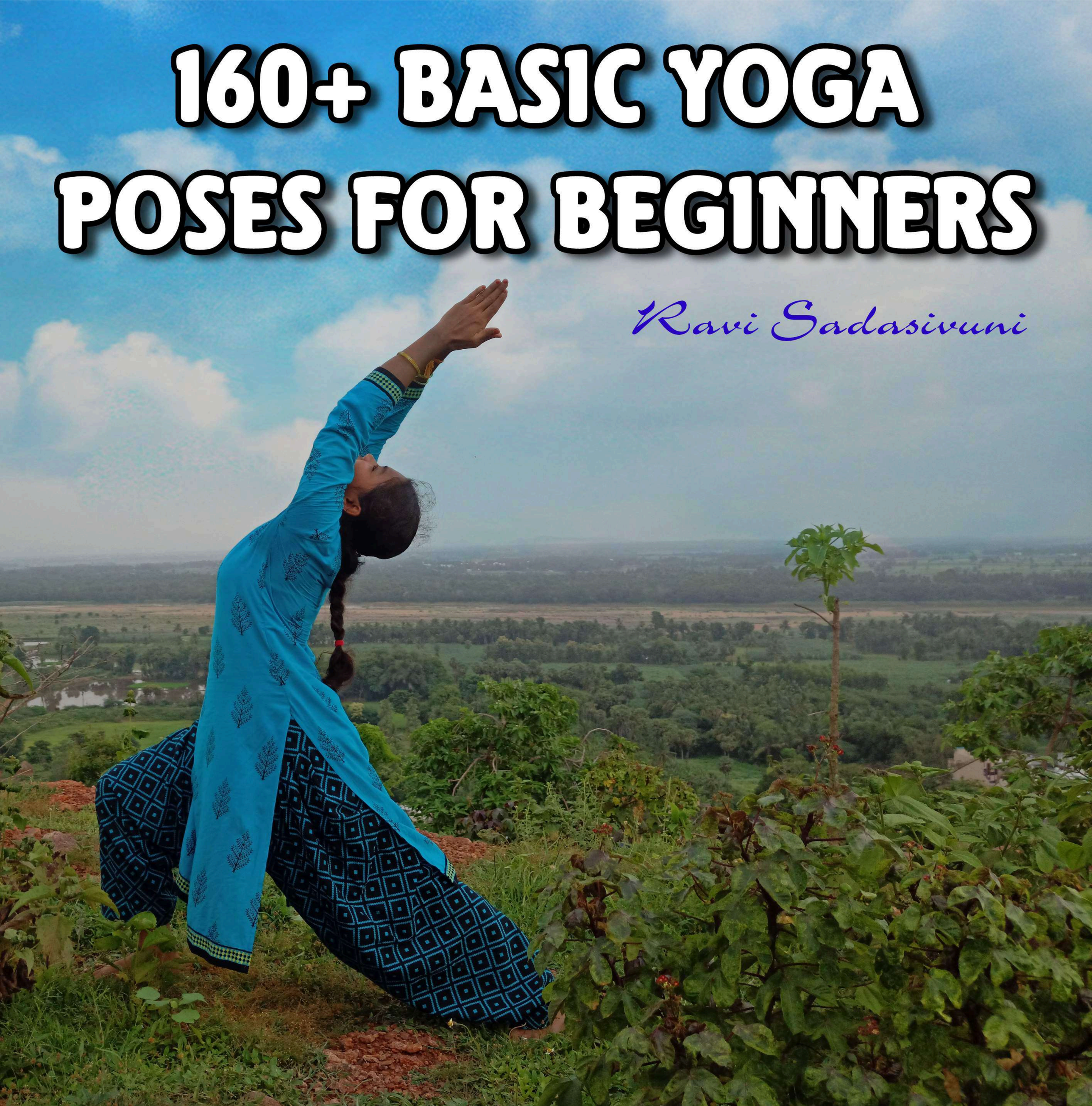
160+ BASIC YOGA POSES FOR BEGINNERS

Ravi Sadasivuni



Bhujangasana 1



Bhujangasana 2



Bhujangasana 3



Tiryak Bhujangasana



Parivritta Bhujangasana



Eka Pada Salabhasana



Eka Pada Salabhasana



Arda Salabhasana



Viparita Salabhasana



Salabhasana 1



Salabhasana 2



Purna Salabhasana



Eka Pada Danurasana



Danurasana



Gupta Padmasana



Padma Danda Namaskarasana



Mandukasana



Mandukasana



Ado Mukha Baddakonsana



Astanga Namaskarasana



Dandasana



Makarasana



Makarasana



Navasana



Uttana Padasana



Uttana Padasana



Uttana Padasana



Uttana Padasana



Uttana Padasana



Uttana Padasana



Uttana Padasana



Ardha Halasana



Matsyasana



Matsyasana



Matsyasana



Anantasana



Anantasana



Anantasana



Setu Bandha Sarvangasana



Setu Bandha Sarvangasana




Eka Pada Setu Bandha Sarvangasana
Yoga With Supraja

Sethu Bandhasana 3



Kandharasana



Sethubandhasana 2



Urdva Badda Hasta Sethubandha Sarvangasana



Sethubandhasana



Eka Pada Badda Hasta Sethubandha Sarvangasana



Supta Baddakonsana



Supta Tarasana



Eka Pada Pawana Muktasana



Dwi Pada Pawana Muktasana



Pawana Muktasana Kriya



Tiryak Pawana Muktasana



Kati Peedasana



Jatara Parivartanasana



Markatasana



Supta Matsyendrasana



Sukha Balasana



Supta Konasana



Supta Padangustasana 1



Supta Padangustasana 2



Supta Dwi Hasta Padasana



Arda Urdva Mukha Paschimottanasana



Urdva Mukha Paschimottanasana



Halasana



Karna Peedasana



Karna Peedasana



Dwichakrasana



Chakrasana



Eka Pada Chakrasana



Sukendrasana



Vipareeta Karni




Sarvangasana
Yoga With Supraja

Savasana

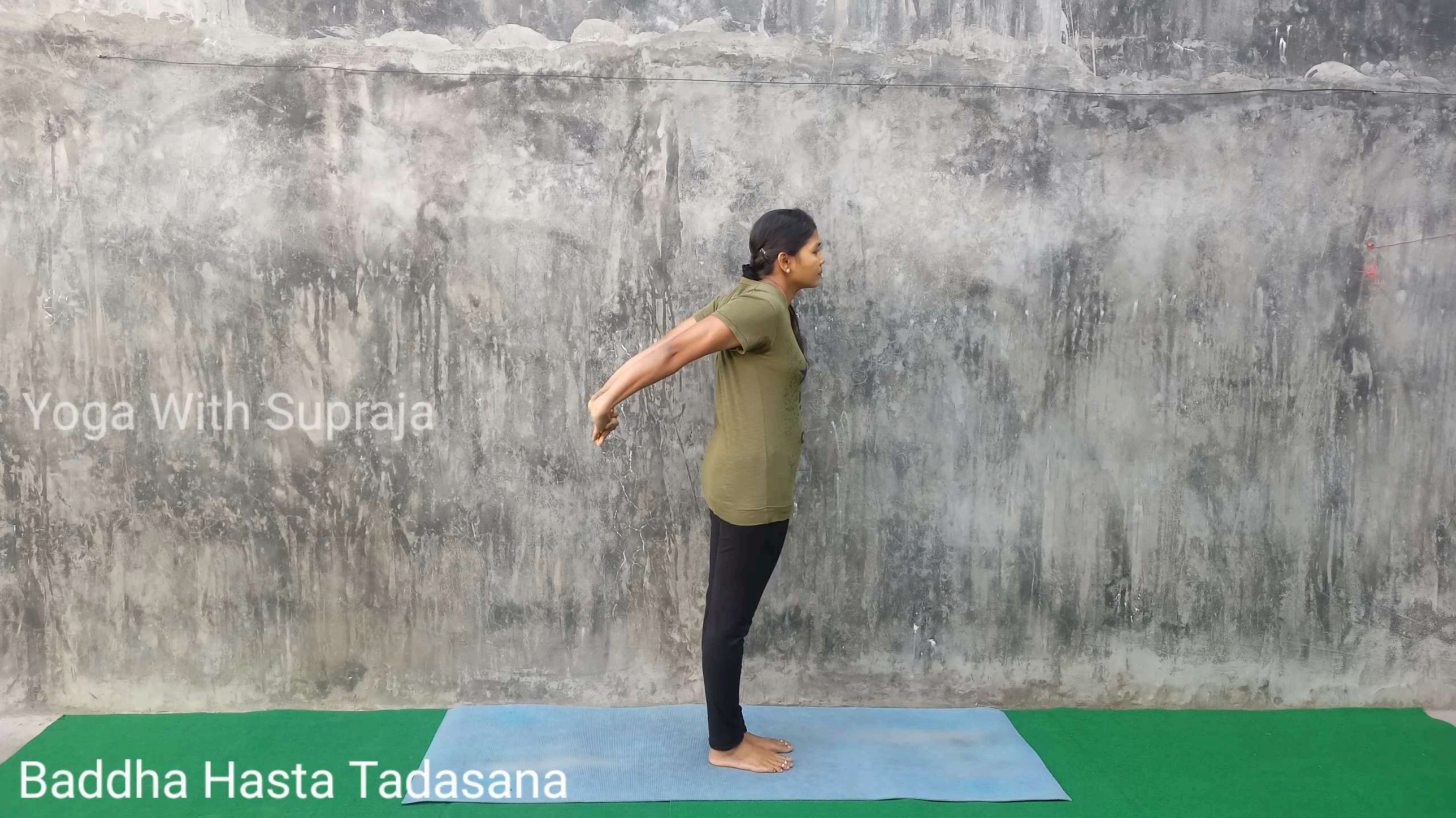



Yoga With Supraja
adidas


Yoga With Supraja
Tiryak Tadasana


Yoga With Supraja
Parshva Tadasana


Yoga With Supraja
Viparita Namskara Tadasana


Yoga With Supraja
Baddha Hasta Tadasana


Yoga With Supraja
Ardha Kati Chakrasana


Yoga With Supraja
adidas
Kati Chakrasana


Yoga With Supraja
Vrikshasana


Yoga With Supraja
Parshva Vrikshasana


Yoga With Supraja
Parivruttha Vrikshasana


Yoga With Supraja
Viparita Namaskara Vrikshasana

Cow Face Pose In Vrikshasana




Yoga With Supraja
Utthitha Ekapadasana


Yoga With Supraja
Ardha Chakrasana


Yoga With Supraja
Hasta Uttanasana


Yoga With Supraja
Pada Hastasana


Yoga With Supraja
Dwikonasana


Yoga With Supraja
Samakonasana


Yoga With Supraja
Dolasana


Yoga With Supraja
Parsvottanasana

Prasaritha Padottanasana

Yoga With Supraja



Prasaritha Padottanasana 1



Parivritta Ardha Prasaritha Padottanasana



Parivritta Ardha Prasaritha Padottanasana



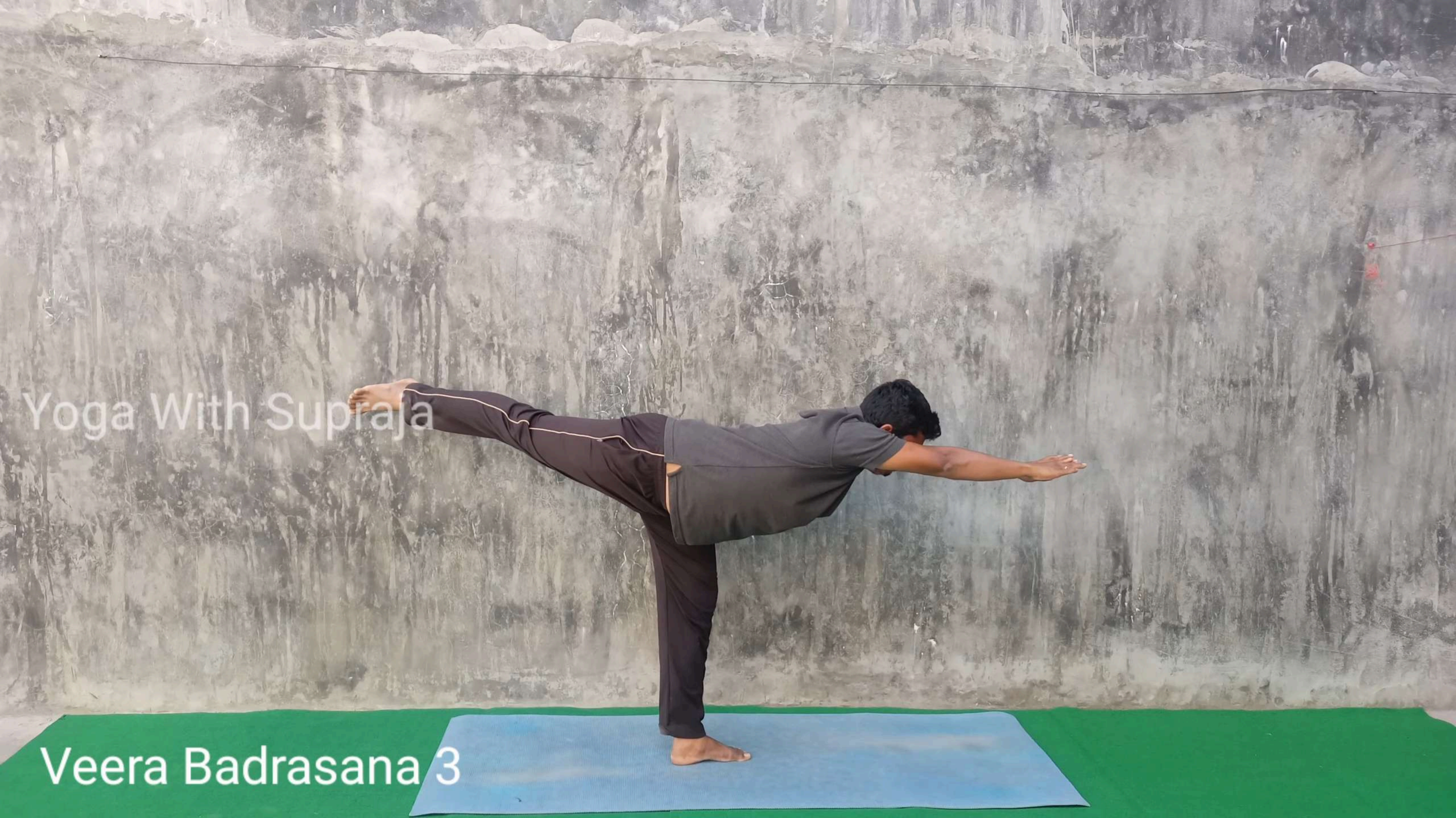

Yoga With Supraja
adidas
Veera Badrasana 1

Parivritta Veera Badrasana

Yoga With Supraja




Yoga With Supraja
Veera Badrasana


Yoga With Supraja
Veera Badrasana 3

Aswa Sanchalanasanam




Yoga With Supraja
Parvatsana


Yoga With Supraja
Adho Mukha Swanasana


Yoga With Supraja
Adho Mukha Swanasana


Yoga With Supraja
Utkatasana


Yoga With Supraja
Parivritta Utkatasana


Yoga With Supraja
Trikonasana


Yoga With Supraja
Parivritta Trikonasana


Yoga With Supraja
Parsva Konasana


Yoga With Supraja


Yoga With Supraja

Prasarita Pada Urdhva Hasthasana




Yoga With Supraja
Konasana


Yoga With Supraja
adidas
God Pose 1


Yoga With Supraja
God Pose 2


Yoga With Supraja
adidas


Yoga With Supraja
Uttana Pristhasana

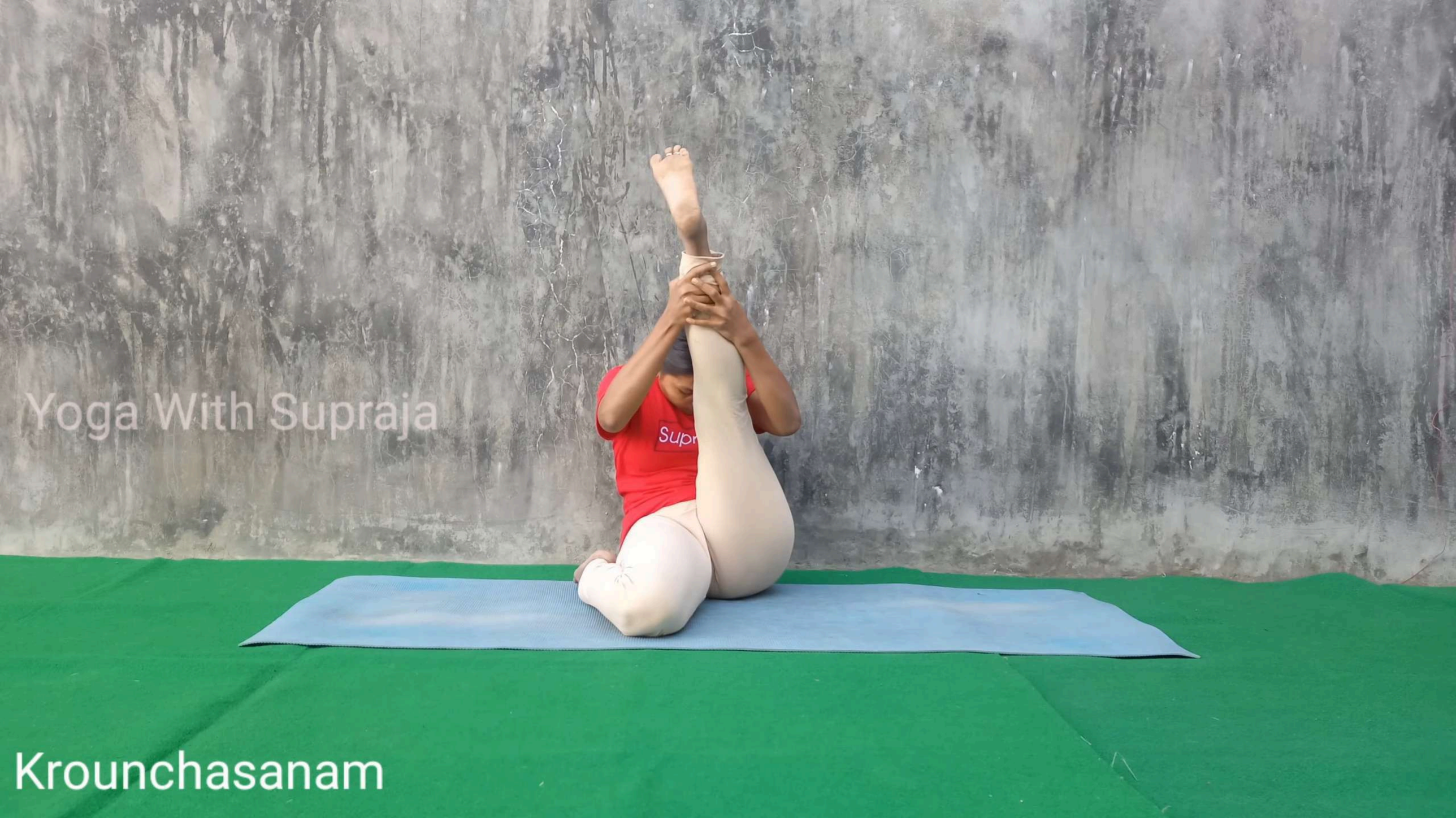

Yoga With Supraja
Janu Sirshasanam


Yoga With Supraja
Supreme
Privrutta Janu Sirshasanam


Yoga With Supraja
Paschimottanasana


Yoga With Supraja
Parivrutta Janu Sirshasanam


Yoga With Supraja
Krounchasanam


Yoga With Supraja
Krounchasanam


Yoga With Supraja
Supreme
Parivrutta Krounchasanam


Yoga With Supraja
Purvottanasanam

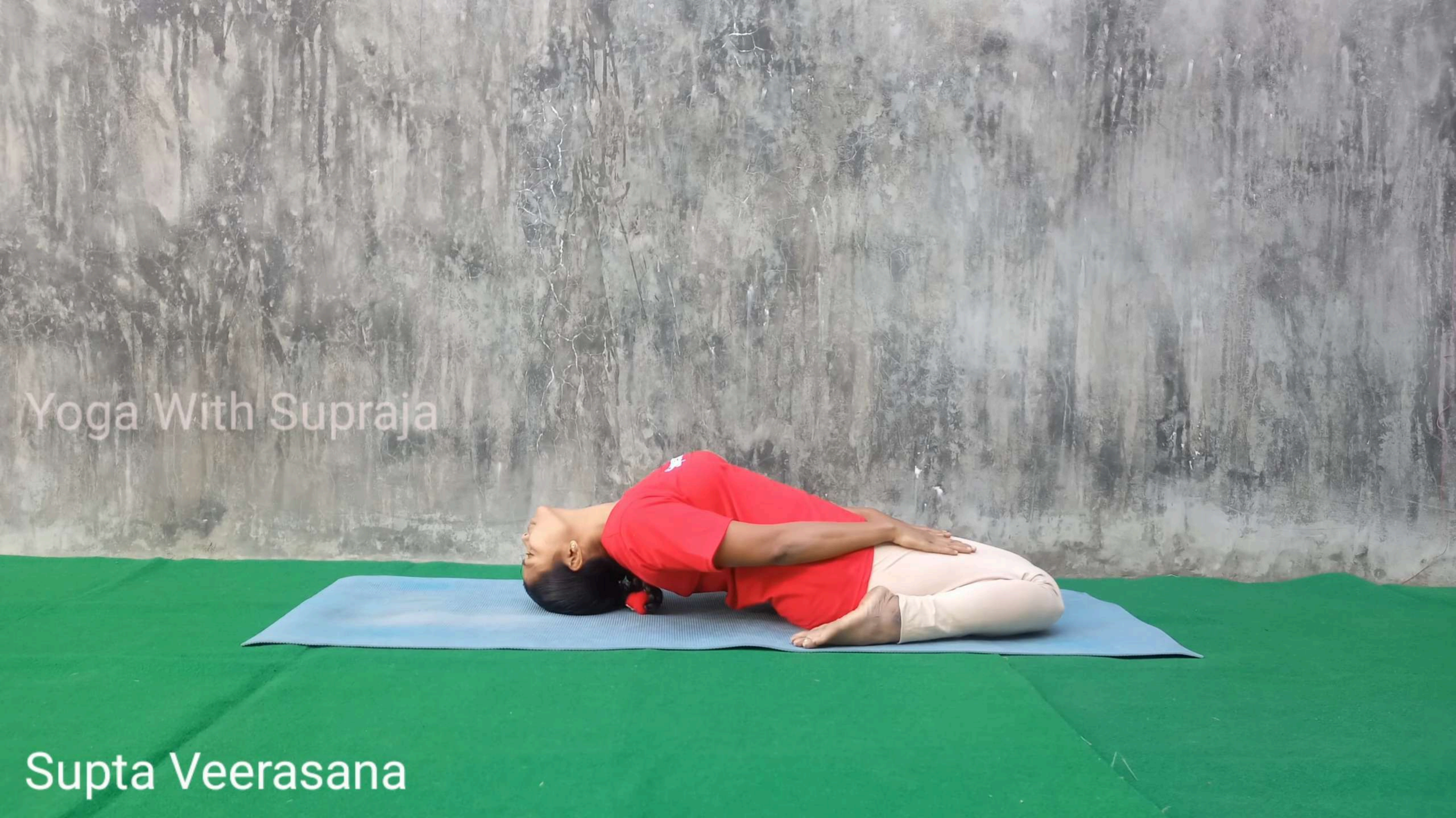

Yoga With Supraja
Supreme


Yoga With Supraja
Mandukasana

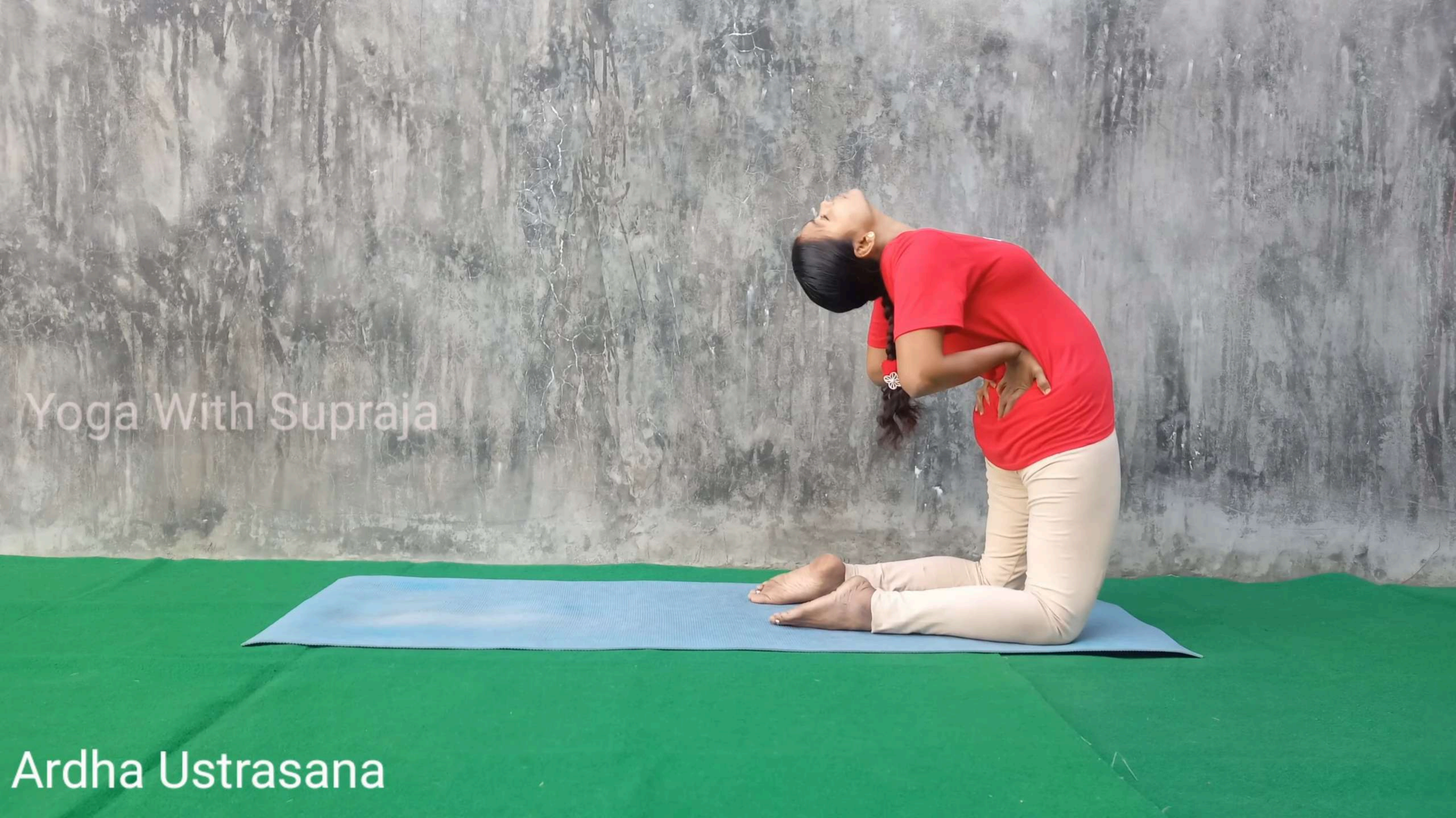

Yoga With Supraja
Parigasana


Yoga With Supraja
Supreme
Veerasana


Yoga With Supraja
Supreme


Yoga With Supraja
Supta Veerasana


Yoga With Supraja
Supta Veerasana


Yoga With Supraja
Ardha Ustrasana


Yoga With Supraja
Ustrasana


Yoga With Supraja
Sasankasana


Yoga With Supraja
Sasankasana

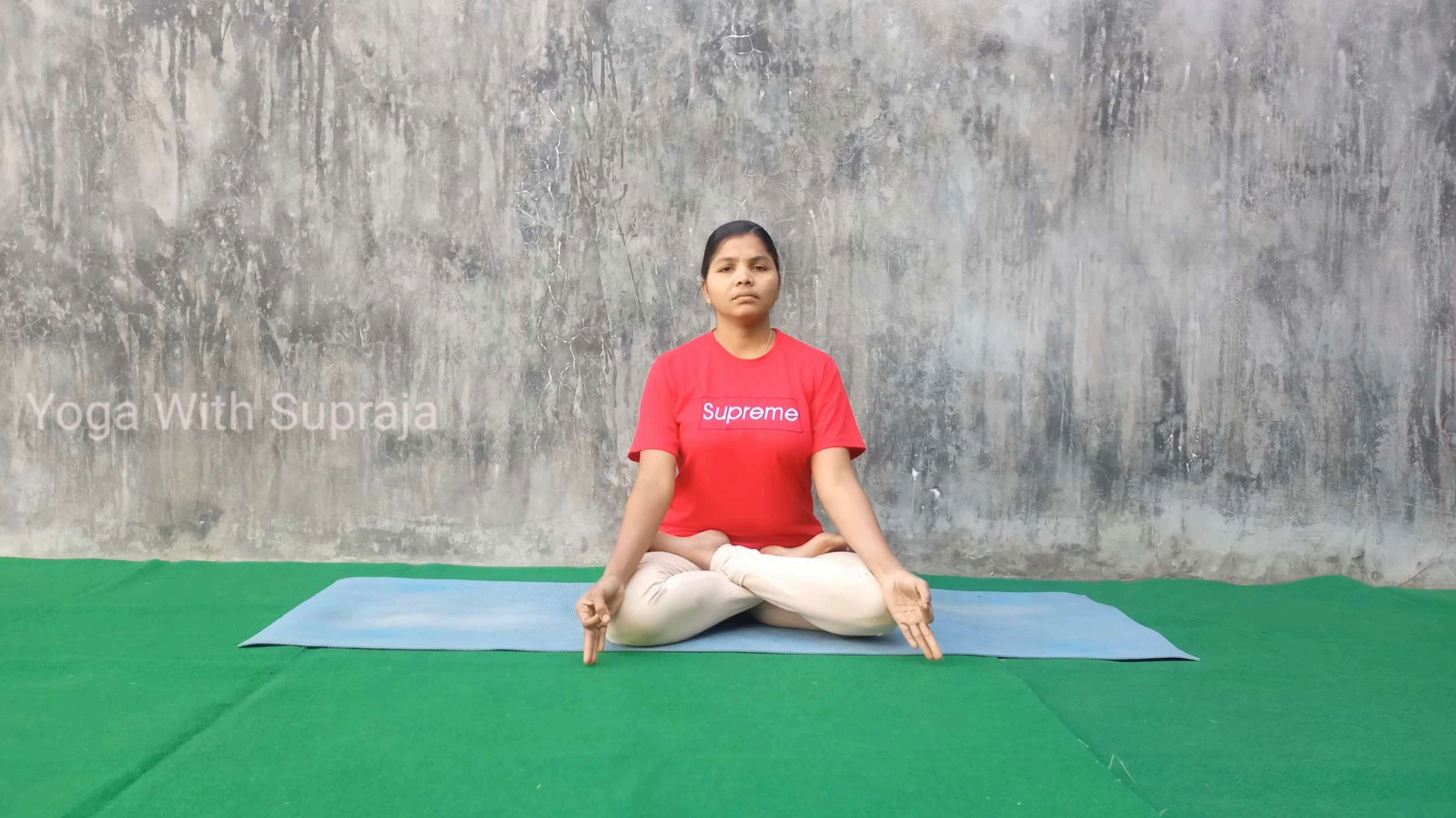

Yoga With Supraja


Yoga With Supraja
Vyagrasana


Yoga With Supraja
Vyagrasana


Yoga With Supraja
Ardha Hanumasana


Yoga With Supraja
Ardha Baddha Paschimottanasana


Yoga With Supraja
Supreme


Yoga With Supraja
Yoga Mudrasana

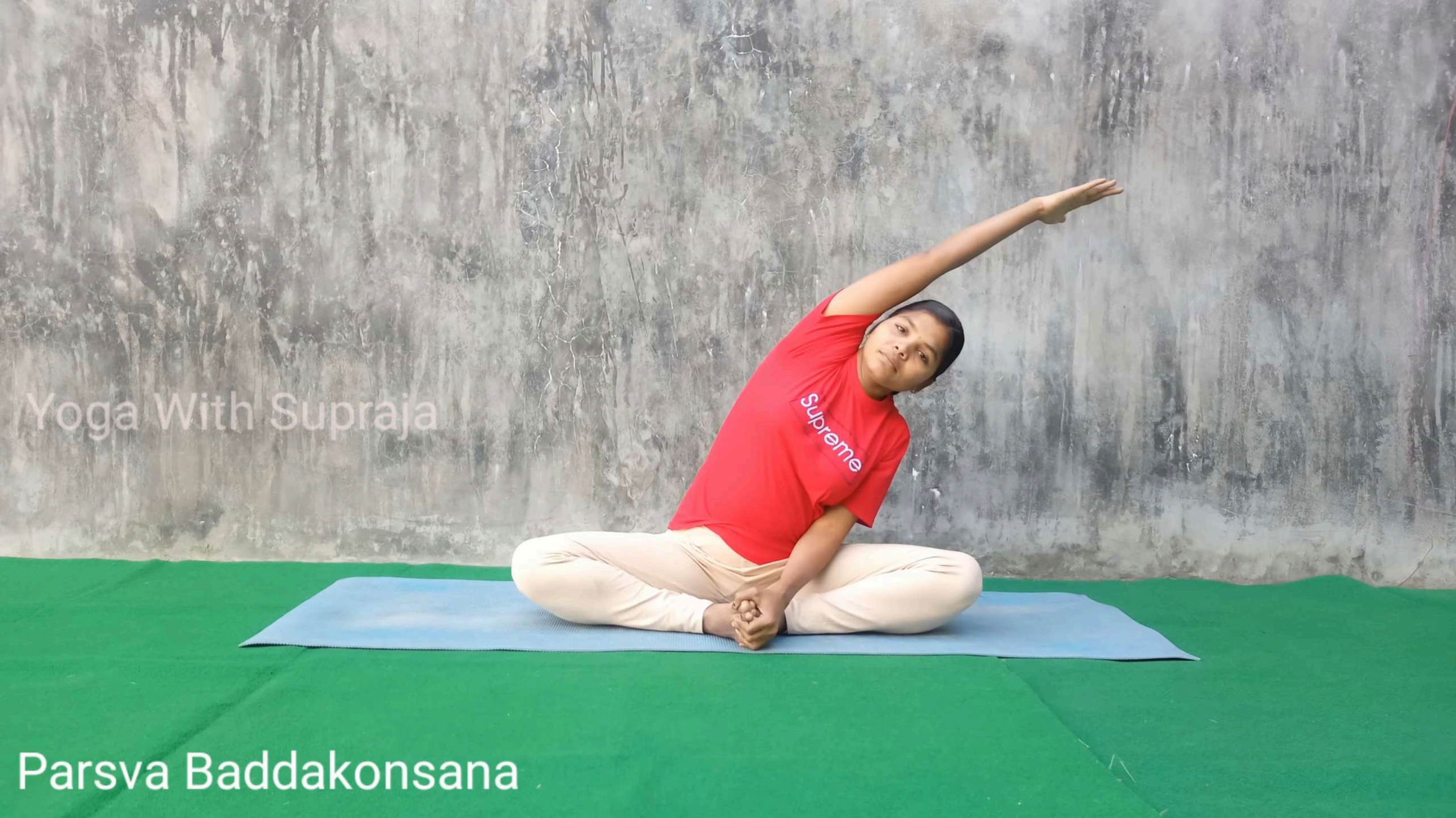

Yoga With Supraja
Yoga Mudrasana


Yoga With Supraja
Matsyasana


Yoga With Supraja
Supreme
Badrasana


Yoga With Supraja
Supreme
Butterfly


Yoga With Supraja
Baddakonsana


Yoga With Supraja
Supreme
Parsva Baddakonsana


Yoga With Supraja
Supreme
Vakrasana


Yoga With Supraja
Supreme


Yoga With Supraja
Supreme
Gomukhasana


Yoga With Supraja
Parivrutta Paschimottanasana


Yoga With Supraja
Akarna Danurasana


Yoga With Supraja
Eka Pada Sirshasanam


Yoga With Supraja
Parivrutta Upavista Konasanam


Yoga With Supraja


Yoga With Supraja
Navasanam


Yoga With Supraja


Yoga With Supraja
Supreme
Bairavasana


Yoga With Supraja
Supreme
Simhasana

Yoga For Beginners

By Certificated Teacher Ravi Sadasivuni

• Asanas • Surya Namaskar
• Pranayama • Meditation



Mind



Soul



Body

Time: 6:00 to 7:00 Am

Place: Sri Venkateswara Temple,
Narasannapeta.

Contact: 8142121246

YOGA CLASS

By Certificated Teacher **Vandana Supraja**

• *Asanas* • *Surya Namaskar*

• *Pranayama* • *Meditation*



Mind



Body



Soul

Time: 6:00AM-7:00AM

Place: Sriram Nagar-1

Time: 5:30PM-6:30PM

Place: Satyanarayan Nagar

Contact: 8142121246


FOR YOGA VIDEOS
WATCH IN
YOUTUBE.COM/YOGAWITHSUPRAJA